# Be healthy. Be active. minutes a day minutes at a time

minutes a day
minutes at a time
days a week

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### Be healthy. Be active.

minutes a day minutes at a time days a week

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minutes at a time
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minutes a day
minutes at a time
days a week

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minutes a day
minutes at a time
days a week

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# Be healthy. Be active.

at least **5** 

minutes a day
minutes at a time
days a week

# Be healthy. Be active.

minutes a day
minutes at a time
days a week

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### Ser activo es ser saludable.

minutos al dia minutos a la vez días a la semana

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minutos al dia minutos a la vez días a la semana

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minutos al dia minutos a la vez días a la semana

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